

8AM Coffee and Fellowship











Please note: Days and times of various activities are subject to change!

Reminder! All activities in **BOLD** print are for those participating in the Nutrition Program. If you are interested in finding out more information please see:

Kim Graham, Activities Coordinator

Open Art Studio
Monday-Friday
(8AM-4PM)

Lumpkin County Senior Center
266 Mechanicsville Road
Dahlonega, GA 30533
706-864-2358
www.lumpkincounty.gov

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Like us on Facebook and help spread the word! Search "Lumpkin County Government"</p> 		<p>Square Dance Lessons Sunday Afternoons 2pm-4pm \$5 per lesson Call David R. 706-300-1611</p> 	<p>Reflexology Sessions 30 min - -\$25 60 min - \$40</p>  <p>Integrated Positional Therapy Sessions \$45 per person</p> <p>Check with staff for times</p>	<p>Leathercraft Workshop w/Tom Slavicek Tuesday, February 11th 10:00AM – 4PM \$45 for materials **Sign up by February 7th</p> 
3	4	5	6	7
8:00 Open Billiards 9:30 Silver Sneakers- Classic 9:45 Balloon Volleyball 11:30 Lunch 12:00 Birthday Celebration 1:00 Intermediate Bridge 	8:00 Open Billiards 9:30 Silver Sneakers- Cardio 9:45 Sittercise 10:00 Jim O'Connor Guitar 11:30 Lunch 12:00 Enrichment Program 12:00 Walmart Shopping 4:00 Yoga 	8:00 Open Billiards 9:30 Silver Sneakers- Classic 9:45 Stretch & Flex 10:00 Trivia w/Kim 11:30 Lunch 12:00 BINGO w/Square Dancers 1:00 Party Bridge 1	8:00 Open Billiards 9:30 Silver Sneakers- Cardio 9:45 Balloon Volleyball 10:00 Dollar Tree Shopping 11:30 Lunch 12:00 Group Crossword Puzzle 4:00 Yoga 	8:00 Open Billiards 8:00 Hand Reflexology 9:30 Silver Sneakers- Classic 9:45 Sittercise 10:00 UNG International Students 10:00 Blood Pressure Checks w/ Amy 11:30 Lunch 12:00 BINGO w/ Rhonda 7:00 Gold Country Squares  

LUMPKIN COUNTY SENIOR CENTER

FEBRUARY 2020 ACTIVITIES

10	11	12	13	14
8:00 Open Billiards 9:30 Hair Day w/ Vikki 9:30 Silver Sneakers- Classic 10:00 Homestead Hospice Presentation 9:45 Balloon Volleyball 11:30 Lunch 12:00 Site Council Meeting 1:00 Intermediate Bridge	8:00 Open Billiards 9:30 Silver Sneakers- Cardio 9:45 Sittercise 10:00 Leathercraft w/Tom 11:30 Lunch 12:00 Enrichment Program 12:00 Walmart Shopping 4:00 Yoga 6:30 Gold Diggers Garden Club	8:00 Open Billiards 9:30 Silver Sneakers- Classic 9:45 Stretch & Flex 10:00 Crafts w/ Holly 11:30 Lunch 12:00 BINGO w/ Square Dancers 1:00 Party Bridge 2	8:00 Open Billiards 9:30 Silver Sneakers- Cardio 9:45 Balloon Volleyball 9:45 Valentine Party at DAL 11:30 Lunch 12:00 Group Crossword Puzzle Yoga 4:00 Golden Stiches Quilting Guild	8:00 Open Billiards 9:30 Silver Sneakers- Classic 9:15 Sittercise 10:00 Valentine Day Party 11:30 Lunch 12:00 Bingo w/Sandra
17	18	19	20	21
8:00 Open Billiards 9:30 Silver Sneakers 9:45 Balloon Volleyball 10:00 Pet Therapy w/ Sue Ellen 10:30 Presidents Day Game 10:30 Tai Chi for Health 11:30 Lunch 1:00 Intermediate Bridge	8:00 Open Billiards 9:30 Silver Sneakers- Cardio 9:30 Sittercise 9:45 Wii Bowling Tournament 10:30 Georgia Legal Services 11:30 Lunch 12:00 Enrichment Program 12:00 Walmart Shopping 4:00 Yoga	8:00 Open Billiards 8:00 Pancake Breakfast 9:30 Silver Sneakers- Classic 9:45 Stretch & Flex 10:30 Red Hats Group A 11:30 Lunch 12:00 BINGO w/Square Dancers 1:00 Party Bridge 1	8:00 Open Billiards 9:30 Silver Sneakers- Cardio 9:45 Balloon Volleyball 10:30 Red Hats Group B 11:30 Lunch 12:00 Group Crossword Puzzle 12:00 UNG Health Presentation 4:00 Yoga	8:00 Open Billiards 9:00 Hand Reflexology 9:30 Silver Sneakers- Classic 9:45 Sittercise 10:30 Men's Lunch Out 11:30 Lunch 12:00 BINGO w/ Rhonda 7:00 Gold Country Squares
24	25	26	27	28
8:00 Open Billiards 9:30 Silver Sneakers- Classic 9:30 Balloon Volleyball 9:45 Bingo at DAL 10:30 Tai Chi for Health 11:30 Lunch 1:00 Intermediate Bridge	8:00 Open Billiards 9:30 Silver Sneakers- Cardio 9:30 Sittercise 10:00 Mardi Gras Craft 10:00 UNG Health Presentation 11:30 Lunch 12:00 Enrichment Program 12:00 Walmart Shopping	8:00 Open Billiards 9:30 Silver Sneakers- Classic 9:30 Stretch & Flex 10:00 Wii Bowling Tournament 10:00 Nutrition Presentation 11:30 Lunch 12:00 BINGO w/ Square Dancers 1:00 Party Bridge 2	8:00 Open Billiards 9:30 Silver Sneakers- Cardio 9:45 Balloon Volleyball 9:30 Ross Shopping 11:30 Lunch 12:00 Group Crossword Puzzle 4:00 Yoga	8:00 Open Billiards 9:30 Silver Sneakers-Classic 9:45 Sittercise 10:00 Happy Hikers Walk 11:30 Lunch 12:00 Bingo w/Sandra